



Healthy balance for **TIME IN THE SUN**

5-15 MINUTES

of sunlight on your arms, hands, and face two or three times a week will boost your Vitamin D intake.

10AM - 4PM

is when the sun's rays are more direct, which increases a person's chance of sunburn.

1 OUNCE

of sunscreen (approximately a shot glass) is considered the amount needed to cover exposed areas of the body.